

APRIL 2024

GROUP EXERCISE TIMETABLE AT JUMEIRAH BEACH HOTEL



| WELNESS - STUDIO 1 | | | | | | | |
|--------------------|--------------------------------|-------------------------------------|-------------------------------------|------------------------------------|---------------------------------|-------------------------------|-----|
| TIME | MON | TUE | WED | THU | FRI | SAT | SUN |
| 07:00 | | | | | POWER YOGA RAHUL (60 MIN) | | |
| 08:30 | | POWER YOGA RAHUL (60 MIN) | ASHTANGA YOGA SONALI (75 MIN) | | | | |
| 09:00 | | | | ZUMBA ERICK (50 MIN) | | BOOTCAMP LARRY (50 MIN) | |
| 09:30 | YOGA FLOW RAHUL (60 MIN) | | | | | | |
| 10:00 | | CORE & MOBILITY AURELIE (60 MIN) | | POWER PILATES ALICE (60 MIN) | BODYBALANCE CATE (60 MIN) | ZUMBA ERICK (50 MIN) | |
| 10:30 | | | J STRENGTH VASILI (60 MIN) | | | | |
| 17:00 | ZUMBA ERICK (50 MIN) | | ZUMBA ERICK (50 MIN) | BELLY DANCING ERICK (50 MIN) | | | |

| HIGHT IMPACT - STUDIO 2 | | | | | | | |
|-------------------------|-------------------------------------|-------------------------------|---------------------------------------|-----------------------------|--|---|-------------------------------|
| 08:30 | BURN RANIA (60 MIN) | | BODYPUMP GABRIELLA (60 MIN) | | | | |
| 09:30 | STICK MOBILITY RANIA (60 MIN) | | GLUTES & ABS GABRIELLA (45 MIN) | | | | |
| 09:45 | | BODYPUMP RANIA (60 MIN) | | BOXFIT RANIA (60 MIN) | | | |
| 10:00 | | | | | | KIDS BOXING (5 -11 YRS) BURHON (60 MIN) | BODYPUMP RANIA (60 MIN) |

| CYCLING STUDIO - STUDIO 3 | | | | | | | |
|---------------------------|--------------------------|--------------------------|--------------------------|-----------------------------------|------------------------------------|--|--------------------------|
| 08:30 | RPM ALICE (50 MIN) | RPM RANIA (50 MIN) | RPM ALICE (50 MIN) | GEAR CYCLING RANIA (50 MIN) | BIKES & BEATS AHMED (50 MIN) | | |
| 09:00 | | | | | | | RPM RANIA (50 MIN) |
| 18:30 | | | | | | | |
| 19:00 | | | | RPM AHMED (50 MIN) | | | |

| GYM FLOOR - TRX ZONE | | | | | | | |
|----------------------|--|--|---------------------------------|--|--|--|--|
| 09:15 | | | TRX LARRY(45 MIN) | | | | |
| 13:15 | | | ABS FAST CLASS ERIC (15 MIN) | | | | |

| OUTDOOR | | | | | | | |
|---------|--|--|--|---|--|--|--|
| 07:15 | | | | | RUNNING CLUB JAMIE | | |
| 08:15 | OUTDOOR GYM J CONDITION LARRY (45 MIN) | | | OUTDOOR GYM J CONDITION BURHON (45 MIN) | OUTDOOR GYM J CONDITION LARRY (45 MIN) | | |
| 08:30 | | | OUTDOOR GYM J CONDITION HAMZA (45 MIN) | | | | |

- CARDIO.** IMPROVE YOUR CARDIOVASCULAR SYSTEM AND BURN CALORIES
- SHAPE/CONDITIONING.** SCULPT AND STRENGTHEN YOUR MUSCLES AND CHANGE THE SHAPE OF YOUR BODY
- BODY & MIND.** RELEASE STRESS, IMPROVE FLEXIBILITY AND STRENGTHEN YOUR CORE

To pre-book classes, call 04 406 8872 or email info@thejclub.com
Please remember to bring a towel and a mat (if required) and arrive at least 5-min before class starts.